

Rock Canyon High School Summer/Preseason Sports Camps 2017



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Mascot: Jaguars

Color: Vegas Gold, Black



Rock Canyon High School

March 2017

Dear Students and Parents:

It is with great pride that the Athletic Department of Rock Canyon High School presents our 13th Annual Summer/Preseason Sports Camp Program.

This is a great opportunity to meet our coaching staff. Their expertise and experience ensures the best opportunity for young athletes to improve their knowledge and skill level during the spring and summer months.

Registration begins April 4, 2017.

Please complete your registration online by going to rchsjags.com and clicking on the Summer Camp Info at the top of the page.

- ***Open the Summer/Pre-season sports Camps and review the camps offered.***
- ***Then click the link for registration and click on the sport you are interested in.***
- ***There is no prorated pricing and no refunds after the start of the camp date.***

We look forward to your participation and your continued support of our Athletic Programs.

***Thomas Brieske
Athletic Director
Rock Canyon High School***

Girls Basketball Incoming Freshmen Mini-Camp

Dates: May 2, 3, 4
Times: 3:30 pm - 5:00 pm
Who: Incoming RCHS Freshmen 2017
Where: RCHS Gym
Cost: \$30

Details: All incoming freshmen are invited to come to RCHS for training and practice with the HS coaches. We will also be setting up some summer playing opportunities at this mini-camp. A social with the current players will happen this week as well.

Girls Basketball HS Spring/Summer League

Dates: April - July
Times: TBD
Who: All interested HS Players
Where: Practice & Games at RCHS HS/Tournaments
Cost: \$140 (no prorating - includes all summer)

Details: League play - games & schedule TBA

<https://dcsdk12.revtrak.net>

Girls Youth Basketball Camp

Dates: June 20 - June 23
Times: 9:00 am - 11:30 am
Who: 5 - 8 Grade Girls (Fall 2017)
Where: RCHS Gym
Cost: \$100

Instructors: RCHS Girls' Coaching Staff

Equipment: Basketball shoes, shorts, t-shirt, and water bottles. Girls' of all skill levels are invited to come and learn the great game of basketball. Camp will emphasize fundamental skills with primary focus on shooting form, footwork and ball handling.

Girls Basketball UNC team Camp

Dates: June 15 - 17
Times: 8:00 am – 7:00 pm Overnight
Who: HS Players-Reserve Spot by Rsvp to Coach Mudd
Where: At various tournaments
Cost: \$230/Player - checks made directly to UNC Greeley

Details: Includes 2 nights lodging & meals

Girls Strength and Conditioning

Dates: June 1 - 29, T/TH
July 6 - 27, T/TH
Times: 10:00 am - 11:30 am
Who: All HS Girl Athletes 9 - 12 grade
Where: RCHS Weight Room/Gym
Cost: \$85 Session I
\$65 Session II

Details: All female athletes, grades 9-12 are encouraged to participate in the summer strength and conditioning program. These sessions will include: weightlifting techniques and training, body mechanics (balance, agility, footwork), and strength/conditioning.

Boys Youth Basketball Camp

Dates: June 5 - June 8
Times: 9:00 am - 3:30 pm
Who: 4 - 7 grade Boys (Fall 2017)
Where: RCHS Gym
Cost: \$185
Instructors: RCHS Boys Coaching Staff

Equipment: Basketball shoes, shorts, t-shirt, and water bottle. Bring a sack lunch.

Benefits: Learn and improve defensive and offensive basketball skills. Campers will participate in drills in the morning and the afternoon will consist of competitive contests and basketball games.

Boys Elite Youth Basketball Camp

Dates: July 12 - July 14
Times: 12:00 pm - 3:00 pm
Who: 7 - 8 grade Boys (Fall 2017)
Where: RCHS Gym
Cost: \$75
Instructors: RCHS Boys Coaching Staff

Equipment: Basketball shoes, shorts, t-shirt, and water bottle. Bring a snack.

Benefits: Learn and improve defensive and offensive basketball skills. Campers will participate in drills and consist of competitive contests/games.

Boys Basketball Summer Strength & Conditioning Camp

Dates: June 12 - June 29 (Session I)
Dates: July 3 - July 27 (Session II)
Time: 8:30 am - 10:30 pm (I- T/TH)
(II-M/T/TH)

Who: 9 - 12 Grade (Fall 2017)
Where: RCHS Weight Room/Gym
Cost: \$150 Session I & II
Instructor: RCHS Boys Basketball Staff

Equipment: Workout attire

Benefits: Improving/building the strength and speed for basketball. Emphasis on conditioning major muscle groups along with speed and agility training.

Football Summer Team Camp

Dates: June 12 - June 23
Times: 10 am - noon
Who: 9 - 12 Grades (Fall 2017)
Where: RCHS Field
Cost: \$175

Instructors: Head Coach Brian Tinker & RCHS Coaching Staff

Equipment: Football cleats, pads to be checked out on Friday, June 2nd.

Football 7 on 7

Dates: June 22, 29, July 6, 13, 20, & 27
Times: 6:00 pm - 7:30 pm
Who: 9 - 12 Grades (Fall 2017)
Where: RC Turf & Practice Field
Cost: No Fee

Instructor: Head Coach Brian Tinker & RCHS Coaching Staff

Equipment: Football cleats, RCHS apparel, and football helmet

Fight Night

Dates: July 28
Times: 1:00 pm - 8:00 pm
Who: 9 - 12 Grades (Fall 2017)
Where: RC Field & Weight Rm
Cost: No Fee

Instructor: Head Coach Brian Tinker & RCHS Coaching Staff

Equipment: Football cleats, RCHS apparel, and football helmet

Football Summer Pride Strength & Conditioning Camp

Dates: May 31 – Aug 3
Times: 7:00 am - 10:00 am
Who: 9 - 12 Grades (Fall 2017)
Where: RCHS Weight Room
Cost: \$100.00

Instructor: Head Coach Brian Tinker & RCHS Coaching Staff

Equipment: Workout attire (RCHS apparel), cross training shoes & cleats.

Football Pre-Season Camp

Dates: August 1 - August 4, August 7 - August 11
Times: 3:30 pm - 5:30 pm
Who: 9 - 12 Grades (Fall 2017)
Where: RCHS Athletic Fields
Cost: No Fee

Instructors: Head Coach Brian Tinker & RCHS Coaching Staff

Equipment: Football cleats and workout attire (RCHS apparel).

RCHS Women's Gymnastics Camp

Dates: Aug 1 - Aug 4
Times: 12:30 pm - 3:30 pm
Who: Incoming Freshman - Seniors
Where: Active Athletics
8175 Grant Way
Littleton, CO 80122
Cost: \$175

Instructors: Gymnastic Coaches
Contact:
rchsgymnastics@gmail.com

Equipment: Comfortable clothing, leotard, running shoes, hair pulled back, no jewelry, snack (optional), and water bottle.

Benefits: Learning gymnastics skills, cardio, and strength training. Gymnastics experience is required.

JR Jags Cheer Camp

Date: June 1 & 2
Time: 1:00 pm - 4:45 pm
Who: K-8 Grades (Fall 2017)
Where: Rock Canyon HS Gym
Cost: \$50 per participant,
Fee includes T-shirt, snack, and activities.

Instructors: RCHS CHEERS & COACHES

Equipment: Bring a full water bottle, come in comfortable clothes and shoes.

Description: Come join the State Champion RC cheerleaders for two days of cheers, tumbling, stunting, dancing, games, crafts and FUN! Snacks both days and a camp T-Shirt are included! Also, join us at 4:15 pm on Friday, June 2nd for a special performance by the campers!

JR Jags Poms Camp

Date: June 7 & 8
Time: 3:00 pm - 5:00 pm on 7th
1:00 pm - 3:30 pm on 8th
Who: K-5 Grades (Fall 2017)
Where: Rock Canyon HS
Cost: \$50 per participant
Includes: T-shirt, snack, & pictures

Instructors: RCHS POMS & COACHES

Equipment: Bring a full water bottle, with your name on it. Participants should come in comfortable clothes and shoes. Gym Shoes recommend.

Benefits: Start the summer off right with our fun JR JAGS POMS CAMP! Participants will have the opportunity to learn dance routines skills, fun choreography & cheers during the camp and then at the boys youth basketball Game on Thursday!

Boys Soccer Camp (Grades 8 & 9)

Dates: July 17 - 20; July 24 - 27

Time: 8:00 am to 10:00 am

Who: Grades 8 & 9 (Fall 2017)

Where: RCHS Grass Field/Grass Field

Instructors: Head Coach and Returning Varsity Players

Cost: \$120 (includes T-shirt)

Equipment: Spikes, running shoes, soccer attire, soccer ball, and water bottle.

Benefits: This camp is designed to improve young players technical ability (ball mastery), sport specific fitness (fast twitch fibers with quick recovery), and understanding of team tactics (1st, 2nd, 3rd Defenders/Attackers).

Boys Soccer Camp (Grades 10-12)

Dates: July 24 - July 27; July 31 - Aug 3; August 7 - 11

Time: 5:00 pm to 7:00 pm (3rd week: 3:30 pm to 5:30 pm)

Who: Returning Players

Where: RCHS Turf Field

Instructors: Head Coach and other Certified Coaches

Cost: \$140 (includes T-shirt)

Equipment: Spikes, running shoes, soccer attire, soccer ball, and water bottle.

Benefits: This camp is designed to improve players technical ability (ball mastery), understanding of team tactics (1st, 2nd, 3rd Defenders/Attackers), functional training (players in position), and building team unity.

Boys Soccer Conditioning Camp (Grades 10-12)

Dates: July 24 - July 27; July 31 - Aug 3; August 7 - 11

Time: 6:00 am - 7:00 am

Who: Returning Players

Where: RCHS Turf Field

Instructor: Head Coach

Cost: \$50

Equipment: Running shoes, soccer attire, soccer ball, yoga mat (towel), and water bottle

Benefits: This camp is designed to focus on specialized soccer fitness training to improve speed/agility, core strength, recovery time, flexibility, and strength.

Softball Pre-Season Camp

Registration will open July 20th

Dates: July 31 - Aug 4

Time: 4:00 pm - 6:00 pm

Dates: Aug 8 - Aug 10

Time: 3:30 pm - 5:30 pm

Dates: Aug 11 - Aug 13 (Team Retreat)

Time: 3:30 pm - 5:30 pm

Who: RCHS Students

Where: RCHS Softball Field

Cost: \$160

(Includes cost of retreat, food, Scrimmage Jersey)

Instructors: RCHS softball Coaching Staff

Equipment: Cleats, t-shirt, pants, glove, water bottle)

Benefits: To improve hitting skills, defense, conditioning

Evaluation will be completed Aug 8 - Aug 10.

RCHS Cross Country Summer Camp

Dates: June 5 - July 28

Time: M-F 7:30 am – 9:00 am

Who: 9-12 Grades (Fall 2017) B&G

RCHS Students ONLY

Where: RCHS West Parking Lot

Cost: \$125 (no prorating)

Families should contact Coach Davies if financial assistance is needed.

Every High School XC runner receives computerized training program throughout the summer. Runners are also invited to attend the High Altitude Camp in Steamboat Springs July 20 -23 (separate fee applies for High Altitude Camp).

Instructors: Head Coach Dan Davies and RCHS Assistant XC Coaches Contact Dan Davies ©720-308-4123, (W) 303-387-3037

E-mail: Dan.Davies@dcsdk12.org

Website: www.canyoncountryxc.weebly.com

For more information

Equipment: Running shoes, shorts, t-shirt, and water bottle.

RCHS/RHMS Middle School Summer Cross Country Camp

Dates: June 5 - July 28

Time: M-F 7:30am – 9:00am

Who: 6-8 Grades (Fall 2017) B&G

Where: RCHS West Parking Lot

Cost: \$100 (no prorating)

Families should contact Coach Davies if financial assistance is needed.

(Includes camp T-shirt)

Instructors: RCHS & RHMS XC Coaches and former RCHS XC Runners currently competing at the NCAA DI level.

Contact: Dan Davies Head Cross Country Coach ©720-308-4123

E-mail: Dan.Davies@dcsdk12.org

Website:

www.canyoncountryxc.weebly.com

For more information

Equipment: Running Shoes, Running Apparel, and Water Bottle

Benefits: The camp is geared to introduce the young distance runner or any athlete to the sport of Cross Country. Athletes will learn proper training techniques from the coaching staff, as well as former RCHS Cross Country athletes currently competing at the NCAA DI level. Athletes will also be introduced to the numerous life-long benefits that running has to offer.

Tennis Summer Camp

Dates: June 5 – June 9
June 12 – June 16
June 19 – June 23
June 26 – June 30

July 10 – July 14
July 17 – July 21
July 24 – July 28

Time: 9:00 – 1:00 pm Session
Who: K - 12 Grades (Fall 2017)
Where: RCHS Tennis Court
Cost: \$360

Instructor: Coach Glauco Nascimento

For More information and registration visit:
www.gntennis.com

Equipment: Tennis shoes, water, and sunscreen

Benefits: Improve tennis abilities, footwork, and mental toughness.

Boys Tennis Pre-season Camp

Dates: July 31 – August 11
Times: 3:30 pm - 5:30 pm
Who: 9 - 12 Grades (Fall 2017)
Where: RCHS Tennis Courts
Cost: \$100 (no prorating)

Instructor: Head Coach Glauco Nascimento

Equipment: Tennis shoes, water, and sunscreen

Summer Wrestling Camp

Dates: June 10 - 13
Time: June 10 - 12 @ 2:00 pm
June 13 @ noon
Who: Ages 9-18
Where: Western State Colorado University (Gunnison, CO)
Cost: (\$260 Boarder, \$240 if enrolled by April 16)

Instructor: Miles Van Hee, Head Wrestling Coach Western State Colorado University
Register: <http://www.rockymountainwrestlingcamps.com/>

Equipment: Running shoes, wrestling shoes, shorts, t-shirts.

Benefits: Improved wrestling conditioning, technique and mental toughness.

Volleyball Middle School Skills Camp

Dates: June 19 – June 22 (New Date)

Time: 4:00 pm – 6:00 pm

Who: 5-8 Grades (Fall 2017)

Where: RCHS Gym

Cost: \$ 60

Instructor: RCHS Volleyball Coaching Staff

Equipment: Appropriate gym clothing, kneepads, sneakers, and a water bottle. This camp provides an opportunity for middle school players to improve their skills and athleticism. Campers will endure drills similar to what they will see in high school and have a chance to become acquainted with the RCHS Coaching Staff and other players.

Volleyball High School All Skills Camp W/ Guest Coach from University of Denver

Dates: July 10 & July 11

Time: 9:00 am – 4:00 pm

Who: Coaches invite only

Where: RCHS Gym

Cost: \$155

Instructor: DU Guest Coach & RCHS Volleyball Coaching Staff

Equipment: Appropriate gym clothing, kneepads, sneakers, a water bottle, and a healthy lunch.

This camp provides an opportunity for high school players to improve their skills with coaching from DU Coaches, and their athletes. Players will learn from college coaches and athletes the skills that are being taught at the collegiate level. This camp is similar to attending a college camp but is conveniently located at RCHS and is tailored to fit our athlete's needs. There will be a lunch break from 12 to 1 each day—please bring a healthy lunch because athletes will not be allowed to leave the RCHS campus.

You will need to fill out these forms, [DU Skills Camp Forms](#), and bring them with you to the first day of camp to be able to participate.

**Volleyball UNC Team Camp
Coaches Invitation Only**

Registration will open June 30th

Dates: July 20 – July 22
Time: Overnight
Who: Coaches invite only
Where: UNC Greeley
Cost: \$175 (includes two nights of lodging and 7 meals)

Equipment: Appropriate gym clothing, kneepads, sneakers, a water bottle, and overnight stuff.
By mid-June 20 to 24 girls will be chosen by the RCHS coaching staff to create two competitive teams to attend this overnight team camp with the RCHS coaching staff. At this camp, the girls will play at least 12 matches against teams from all over Colorado and surrounding states to prepare for the 2017 season.

**Register in June, per coaches invite*

Volleyball High School Skills and Conditioning Camp-Incoming Freshman

Dates: July 24 – July 26
Time: 3:00 pm – 6:00 pm
Who: 9 grade (Fall 2017)
Where: RCHS Gym
Cost: \$55

Instructor: RCHS Volleyball Coaching Staff.

Equipment: Appropriate gym clothing, kneepads, VB shoes and outside running shoes, and a water bottle

This camp provides an opportunity for incoming freshman players to improve their skills, technique, and athleticism as well as become acquainted with the RCHS Coaching Staff and other players.

Volleyball High School Skills and Conditioning Camp-Upper Classmen

Dates: July 31 – August 2
Time: 3:00 pm – 6:00 pm
Who: 10-12 grades (Fall 2017)
Where: RCHS Gym
Cost: \$55

Instructor: RCHS Volleyball Coaching Staff.

Equipment: Appropriate gym clothing, kneepads, VB shoes and outside running shoes, and a water bottle

This camp provides an opportunity for existing high school players to improve their skills, technique, and athleticism as well as become acquainted with the RCHS Coaching Staff and other players.

Volleyball Pre Tryout/Prep Camp

Dates: August 7 - August 9 (M, T, W)
Time: 4:00 pm - 5:30 pm
Who: 9 - 12 Grades (Fall 2017)
Where: RCHS Gym
Cost: \$ 20
Instructor: RCHS Volleyball Coaching Staff

Equipment: Knee pads, appropriate gym clothing, shoes, (for volleyball and running outside), and a water bottle.

This provides an opportunity for players to prepare for team tryouts the following week as well as a chance to become acquainted with the RCHS coaching staff and other players. Players will know exactly what to expect at tryouts after attending this camp.

**Girls and Boys Golf 2017
Summer Golf Camp and League**

Dates: June 7 - July 25

Where: Family Sports

Time: 12:00 pm - 1:30 pm

League 11 - 5

Cost : \$100 - \$300

Who: Ages 12-18

Tournaments 9 Holes to 18 Holes

Dates:TBA

Contact for more info

Dave Vahling 720-495-4608

rkymtngolfwh@gmail.com

Recommend for Varsity players only

Colorado Junior Golf Association

(CJGA:

<http://www.cogolf.org/junior/index.php>)

and the American Junior Golf

Association

(AJGA: www.ajga.org).

Boys Coach: Dave Vahling

rkymtngolfwh@gmail.com

Girls Coach: Dave Vahling

rkymtngolfwh@gmail.com

Contact Dave Vahling for incoming

freshman for summer camp

information and private lessons. For

detailed Camp and League info call or

email Coach Vahling [720-495-4608](tel:720-495-4608)

rkymtngolfwh@gmail.com

**RCCHS Summer Marching Band Camp
Color Guard and Percussion Spring
Training (open to all, required for
marching percussion/guard)**

Dates: May 8, 10, 15 (RC Band Rm)

Times: 3:15 –pm - 5:15 pm

**Donuts and Basics (all new marching
band members & Leadership)**

Dates: May 14th

Times: 9:30 am - 12:30 pm

Mini Camp/Family Cookout (Full Band)

Dates: May 24th

**Times: 2:30 pm – 7:00 pm (cookout
@ Paintbrush Park)**

Band Camp (Full Band)

**Dates: July 24 - Aug 4 (M-F/No
weekends)**

Times All-Day events

Where: RCCHS - Band Room and Fields

(See RCCHS Bands Calendar

**at [http://rockcanyonbands.weebly.com/
calendar-events.html](http://rockcanyonbands.weebly.com/calendar-events.html) for more detailed
information on schedules and events)**

**Cost: Included in Band Fees collected
(\$490 total season)**

**Instructors: RCCHS Marching Band Staff
and Mr. Unger**

**Equipment: All students will need a 1
gallon water thermos, comfortable athletic
clothing, athletic/running shoes,
sunscreen, hat, sunglasses, instrument,
pencils, 1" binder, clear page
protectors(~20), index card book(bound
with metal rings)**

**Benefits: Students will learn music and
marching fundamentals, rehearse show
music, and learn drill for the 2017-18
competitive show. Students will also
participate in physical training, team
building exercises, games and activities.**

ROCKCANYON Spring or Summer Camp Form

Please Print. Do not include more than one participant per camp form; use blank form to make copies for additional participants.
Please bring this form to Camp Instructor on the first day of Camp.

Student's Name _____ Age _____ Shirt Size _____

Parent/Guardian's Name _____

Address _____

Street _____ City _____ Zip code _____
Phone Number _____ Work Number _____

School student now attends _____ Grade (as of 2017 - 2018 School Yr.) _____

Emergency Information: If we cannot contact parents, call:

Name _____ Phone _____

Relationship _____

Family Doctor _____ Phone _____

I/we (print parents names) _____ in return for my child's opportunity to participate in the 2017 Rock Canyon Spring/Summer Camp do hereby exempt and release the Douglas County School District, its directors, officers, employees, and agents from any and all liability, claims, demands or actions whatsoever arising out of any damage, loss or injury that my child or I/we might sustain while my child is participating in the 2017 Rock Canyon Spring/Summer Camp, whether or not such damage, loss or injury results from the negligence of Douglas County School District, its directors, officers, employees, volunteers or agents or any defective equipment. I/we understand that if I/we do not sign this release, then my child will not be permitted to participate in the 2017 Rock Canyon Spring/Summer Camp. I/we hereby represent that I am/we are 18 years of age or older, and that I am/we are the parent(s)/guardian(s) of (insert child's name here) _____. I/we further acknowledge that no representation or promises by Douglas County School District representatives have been made in induce me to sign this release.

X _____
Signature of Student _____ Date _____

X _____
Signature of Parent or Guardian _____ Date _____

CAMP/ PRE-SEASON WORK OUTS ACTIVITIES INSURANCE WAIVER

I fully understand the Douglas County School District Re. 1 does not provide health or life insurance coverage for the above named student while he/she is participating in camp activities. I/We further understand that it is my/our responsibility to provide adequate insurance coverage to the above named student.

X _____
Signature of Parent or Guardian _____ Date _____

Camp Title _____ Date/Time of Camp _____

Please make your payment online at RCHSJAGS.com under Summer Camp Registration